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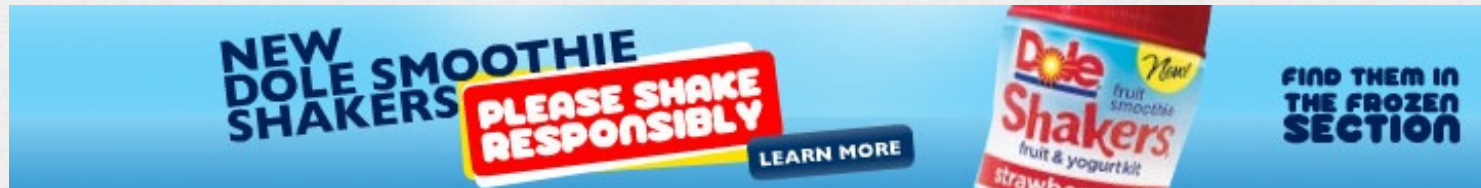
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SLOW COOKER RED BEAN, SAUSAGE AND RICE SOUP (FROM WW) ●

Submitted By: [istoria](#) On Sep 28, 2011

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Prep Time: **20 min** Serves: **8**
Cooking Time: **240 min** Yield: **8 bowls**



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Full of flavorful, filling ingredients. Switch to a chicken-based Italian sausage if the andouille is too spicy for your taste. Otherwise, really easy to make, perfect soup to start at night and wake up to in the morning.

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INGREDIENTS.

1 cloves [Garlic Clove](#)

1 cup [Onions](#)

1 medium stalks [Celery](#)

1 medium raw [Green-bell Pepper](#)

15 oz [Red Kidney Beans Low Sodium](#)

14 1/2 oz [Canned Tomatoes, Diced](#)

9 oz [Cajun Style Andouille Chicken And Smoked Turkey Sausage](#)



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Nutrition Facts

Serving Size: 1 bowls

Amount per Serving
Calories 179

Calories from Fat 32.3

% Daily Value *

Total Fat 3.59g	5%
Saturated Fat 1.2g	5%
Cholesterol 25.63mg	8%
Sodium 903.64mg	37%
Total Carbohydrate 21.74g	7%
Dietary Fiber 6.35g	25%
Sugars 3.33g	
Protein 13.64g	27%

Est. Percent of Calories from:

Fat	16%
Carbs	48%
Protein	30%

1/4 tsp [Thyme, Dried](#)

1/4 cup [Pepper, Black](#)

6 cups [Chicken Broth - Fat Free, No Msg, Low Sodium](#)

1 cup [Minute White Rice](#)

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DIRECTIONS

Place garlic, onion, celery, bell pepper, beans, tomatoes with their juices and sausage in a 5-quart slow cooker. Add thyme and pepper; stir well.

Pour in broth and rice; stir again. Cover slow cooker and set on high power; cook for 4 hours. Yields about 1 1/2 cups per serving

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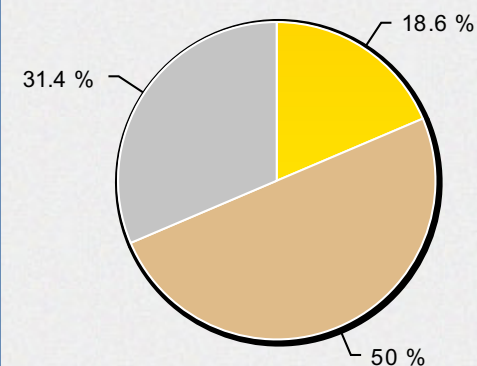
Protein

30 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.

Is this nutritional information correct?
[Suggest Changes.](#)

Nutrition Profile



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